



Mindful-Based Therapy: Neurological Benefits of Mindfulness for Adults with Autism

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Research Objectives

- **Define:**
- **Autism**
- **Mindfulness**
- **Meditation**



Explore and Study:

This study will examine emerging evidence into the benefits of Mindful Based Therapy (MBT) and the effectiveness of Mindful Meditation used on Autistic adults. The potential for meditation as a therapy for Autism, which assess the impacts that occurs and the affect that takes place neurologically on the reduction of Anxiety, Depression and Rumination in adults with Autism.

Research Questions

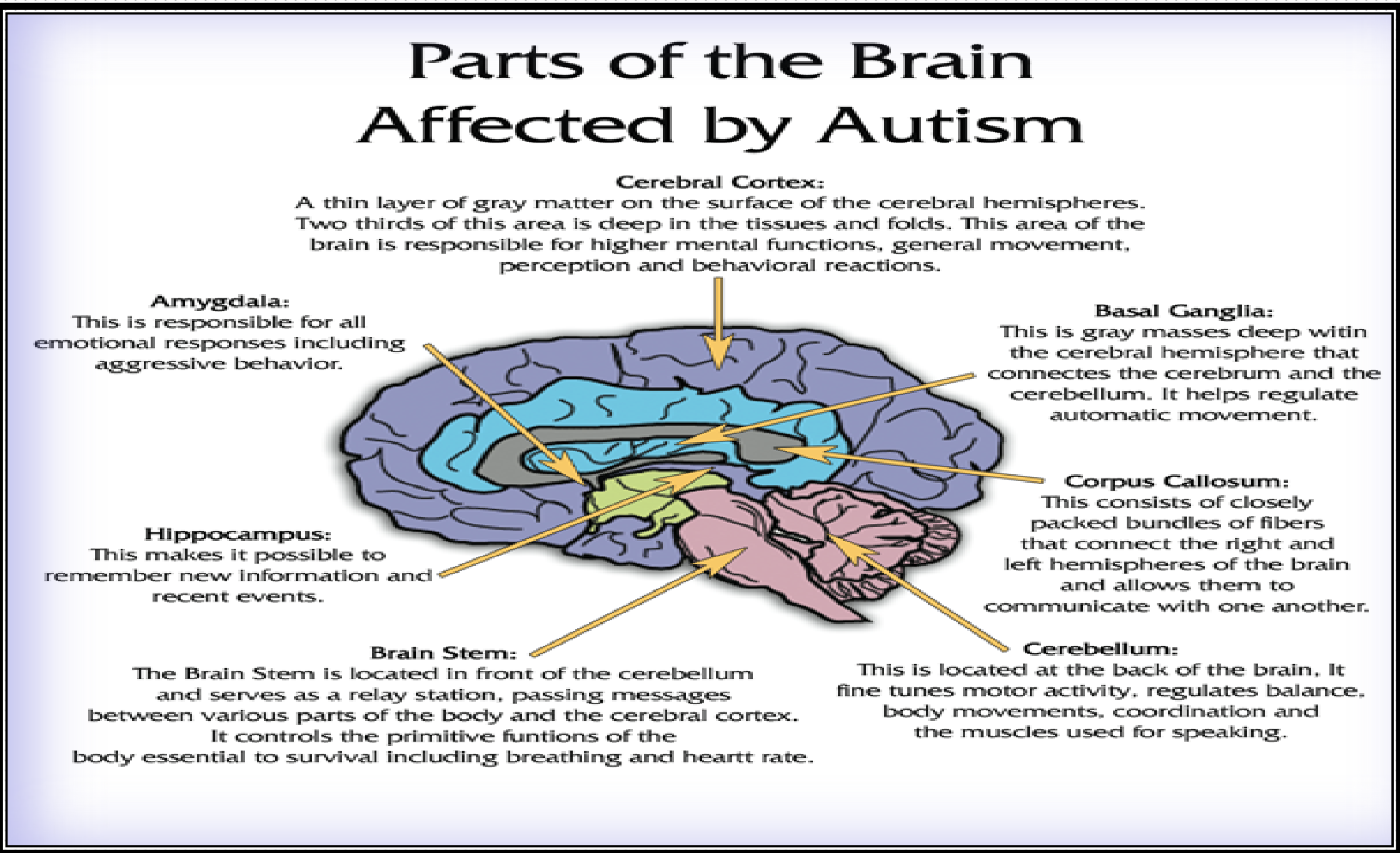
Is Mindful Meditation an effective therapy for individuals with Autism?
How does Mindful Meditation Therapy (MBT) neurologically assist in the brain processes?

Conclusion

The study showed that in 15 autistic adult participants who were high-functioning, social and loquacious had shown signs of positive attitudes and became well adjusted to the tenets of society. Only 3 showed no response, or were unaffected by the treatment. MBT over an 8 week program, should be a considerable benefit to the frontal cortex thickening as well as the calming regions of the brain that showed an uptake in the affect.

Main Ideas

Autism belongs to a group of related disorders that starts in infancy and remains throughout adult life but the etiology of autism is not known. It is currently agreed that a combination of genetic and epigenetic factors, contribute to Autism and is a chronic neurodevelopmental disorder of an unknown origin or cause. -Autism affects approximately 1-3 percent of children and four times more prevalent in boys than girls. Stress responses are due to destabilizing cognitive networks that short circuits adequate and acceptable behaviors.



Mindfulness Meditation can be thought of in adults with autism, as a way of being and that helps us be in contact with our experience(s). On a moment to moment basis, this allows the person practicing mindfulness to be present in that instant moment instead of living and thinking ill thoughts of what is to come or events that may trigger and bring on episodes that could cause anxiety and contribute to depression and rumination in Autistic adults. N=15 p>0.5 for positive affect.

References

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